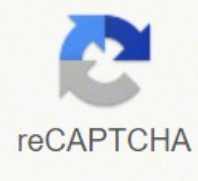




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## 28 DAY ARMS CHALLENGE

1 5 Push-Ups 5 Dips 10 Bicep Curls 10 Punches	2 8 Push-Ups 8 Dips 15 Bicep Curls 15 Punches	3 11 Push-Ups 11 Dips 20 Bicep Curls 20 Punches	4 14 Push-Ups 14 Dips 25 Bicep Curls 25 Punches	5 <b>REST DAY</b>	6 17 Push-Ups 17 Dips 30 Bicep Curls 30 Punches	7 20 Push-Ups 20 Dips 35 Bicep Curls 35 Punches
8 23 Push-Ups 23 Dips 40 Bicep Curls 40 Punches	9 26 Push-Ups 26 Dips 45 Bicep Curls 45 Punches	10 <b>REST DAY</b>	11 29 Push-Ups 29 Dips 50 Bicep Curls 50 Punches	12 32 Push-Ups 32 Dips 55 Bicep Curls 55 Punches	13 35 Push-Ups 35 Dips 60 Bicep Curls 60 Punches	14 38 Push-Ups 38 Dips 65 Bicep Curls 65 Punches
15 <b>REST DAY</b>	16 40 Push-Ups 40 Dips 70 Bicep Curls 70 Punches	17 43 Push-Ups 43 Dips 75 Bicep Curls 75 Punches	18 46 Push-Ups 46 Dips 80 Bicep Curls 80 Punches	19 49 Push-Ups 49 Dips 85 Bicep Curls 85 Punches	20 <b>REST DAY</b>	21 52 Push-Ups 52 Dips 90 Bicep Curls 90 Punches
22 55 Push-Ups 55 Dips 95 Bicep Curls 95 Punches	23 58 Push-Ups 58 Dips 100 Bicep Curls 100 Punches	24 61 Push-Ups 61 Dips 105 Bicep Curls 105 Punches	25 <b>REST DAY</b>	26 64 Push-Ups 64 Dips 110 Bicep Curls 110 Punches	27 67 Push-Ups 67 Dips 115 Bicep Curls 115 Punches	28 70 Push-Ups 70 Dips 120 Bicep Curls 120 Punches

**BEGINNERS:** Do 1-2 sets a day

**ADVANCED:** Do 3-4 set a day



## 8 POWERFUL EXERCISES FOR FAST WEIGHT LOSS





TAP EACH IMAGE FOR A DEMO

1 Slimming sweeper



2 Touch down

3 Bottoms up



4 Get a raise



5 Reach for it



6 Halo effect

8 Burning bridges



7 Butt out



9 Balancing act



# Power Ball

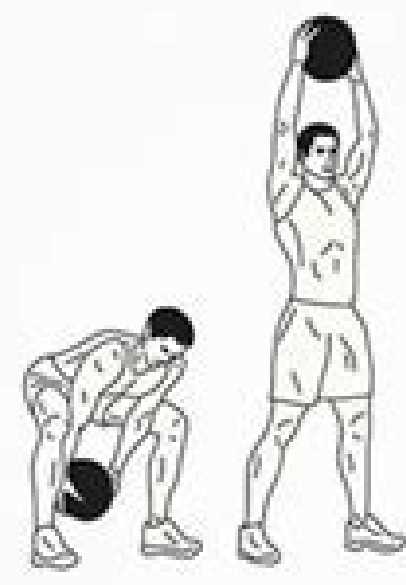
MEDICINE BALL WORKOUT BY DAREBEE @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

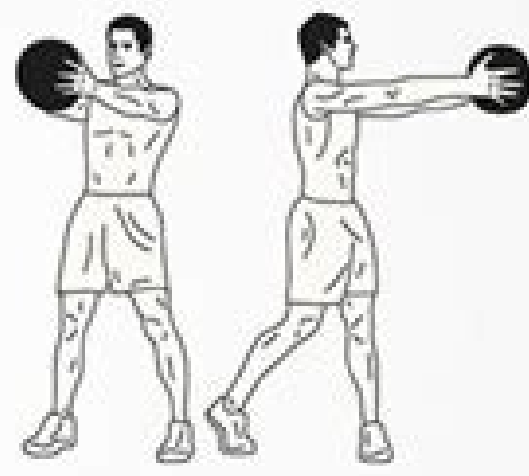
REST up to 2 minutes



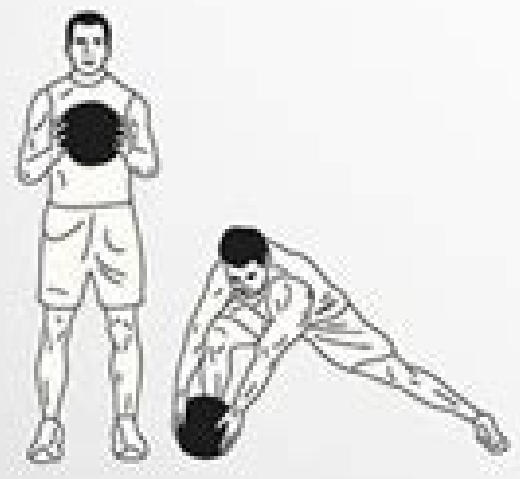
20 throw & floor tap



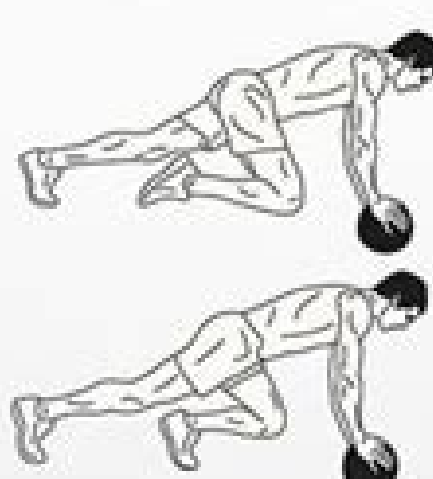
20 swings



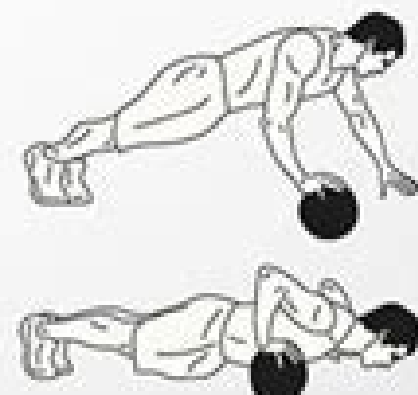
20 side-to-side chops



10 side-to-side floor tap



10 climbers



10 push-ups

Lower ab exercises kettlebell. Beginner kettlebell ab exercises. Side bend kettlebell ab exercises. Kettlebell ab exercises reddit. Men's health kettlebell ab exercises. Top-7-kettlebell-ab-exercises-for-beginners. Ab exercises using kettlebell. Standing kettlebell ab exercises.

Look forward, fully extend the brain to your side. 2) Raise your legs to your body form a 90-degree, with your knees and your pimps pointing to the ceiling. 6) Pause and squeeze your gloom as you return to the initial position. 2) Keep your eyes forward and lower your body in a squat position, starting the motion on the hips, not the knees. 5) Role your shoulders from the Châ É o and pull your abs. 2) Put the moms at your head. How to make lunges 1) get forward, keeping your gaze ahead, and making sure you do not fill your back or shoulders. Follow tips on how to eat clean in an orient. Scot forward so that your legs are not more touching the bank, supporting your weight in your moms. Repeat the movement to complete how many desired repetitions. 2) For beginners, keep your knees in the Châ É o throughout the exercise to illuminate the weight. Arby's Curly Potatoes Snack Cakes Pop Gummy Bears Purchased Chocolate Chocolate Burns bought bars & Doritos Corn chips Popeyes Mini Fruit Packet Sweet Pies Gummy Starbucks White Chocolate Frappuccino Bambruguer Fries Mac and Cheese Shop Potatoes Potatoes Potatoes É es Traditional potato chips dunky 'donuts dunky glazed gelt © la Queen Reesal Royal Reese browniered Blizzard Soda Soda Soda What is the healthy trash kale chips drumsticks drums drumsticks Homemade pizza parsley parsley pork cookies flery popcorn flake popcorn popcorn chocolate chipped ice cream Ice cream Putiminho vegan cookie chopped chocolate nuts chips chips chips potato chips the following snacks ideas and recipes after and recipes Complete the challenge. How to make the flexions see Instructions on how to do the push ups correctly. 3) Fold the brain in the elbow and lower the rug into a controlled motion, pausing before your torso reaches the châ. 3) While in place, complete a push by lowering your body down and up. If it is contained, stay in your moms and fingers with your legs extended to you. 3) Place the elbows to the side and push the little back to the châ É o to pull your ABS. 3) Tighten your abdominals, create your body towards the knees, and the shoulders must be raised from the Châ. To learn more why you should prevent processed foods from reading 48 reasons to avoid processed foods are full of tons of study. 3) Turn the two argies forward to form circular movements in the air, making sure not to hold back the breath while performing the movement. 3) You can cross your brain in front of your chest, put your mothers in the hips, or reach your arms out to keep your equilibrium while squatting. 4) Tilt your chin lightly upwards, leaving a few centimeters of space between the chin and the chest. We have state web-based online tracking software that includes many features, including 180 challenges! Get details of our healthy life program - 5 steps to start then join our community today! 5) Hold this position with your fingers pressed at the Châ É o for the defined time. 2) Put the tips of the fingers for their ears and their elbows to the side. 4) Keep your head looking straight and your chin should not be placed in the chest. 5) Keep your head looking straight. Rest 60 seconds between sets. Avoid eating in fast food restaurants. 4) Keep the board position for the longest possible time, keeping your weight on your fingers and forearms and using a timer if necessary. Foods like Hamburgs and tacos can be healthy à É à É ø or junk food depending on your ingredients and all preparation. 1) Lie down on your back, bent knees and beads on the ground, hip hip separate. 1) Lie on your back on a yoga treadmill and lift your legs, keeping a turn to your knees. 2) Bring your right knee towards your chest, bending your leg as you draw, and keep your central mothers involved. 4) Alternate the movement forward and for TRANS, performing a motion of É à É à É "Wimming Å, É for so many desired representatives. Learn how to make cooked meals at home. Chin should not be placed in the chest. 6) Hold the position for a count when you get to the bottom, then push your heels and wrap your moms of the girl as you get up to the initial position of Pâ © again. 4) Complete how many repetitions desired, alternating and returning while continuously involving the mothers of your upper body, lower and my core for a full body toning exercise. 2) Let the knees bend slightly to start the movement and jump, land with the pages spread. Week 5: Seven sets of a sprint 55 seconds followed by a 30-second race. Week 7: Five sets of a 65 second sprint followed by a 60-second race. 2) Beginning with the right leg, step to the right in a long, wide motion. 2) Your moms must be slightly wider than the shoulder. Repeat this circuit 2-3 times, with 1 minute rest between the rie. 3) Begin by raising the right arm and left leg at the same time, then lower them while alternating. Lifting the left brain and right leg simultaneously. 2) When ready, lift the brain, chest and legs above the sake at the same time, in a fluid movement. 3) For the lower equilibrium in a squat raise the argies in front of you. 4) Jump both back to the center to know their moms, returning to a squat position. 2) Put the two flat moms in the Châ à à in front of you, and skip your pators from you. Its weight on your hands and fingers. 1) Place the flat hands on a treadmill with tight straight arms and abs, keeping your body in a plank position. How to do tricep dops 1) sit in a resistant, resistant surface surface. Like a training bench or chair, with the bread on the ground, and their hands under you. 3) Lightly bend your knees, skip up and lift your arms above your head. 2) Keeping your fingers on the ground, lower your torso to allow your body weight to rest on your forearms, with your elbows folded instead of direct. See Infographics below 2 sets of 10 weeks without gym workout, 3 times a week with cardio 5 times a week and rest on the weekend. Additional advertising exercises for you in your best way forever! It is necessary to eat healthy, reduce stress, get enough sleep with a combination of cardio exercises and force to help prevent fat deposits in the body. Lean up your habits Food and drink tons of water, consume healthy fats, fruits, vegetables and lean proteins. Page 4 Do you want to fall 5 pounds in a week, eat more healthy or need help stop snacking late at night? 4) Hold the required amount of time indicated for the 12-week training plan. 6) Keep your back on the back on the floor and raise your shoulders about 4 inches. 7) Hold for a moment at the top, then slowly decrease down. 2) Place your knees on the rug or keep your legs directly. 2) Your feet should be flat on the floor, the width of the hip. How to Bicycle Sit UPS See the video instructions on how to sit properly. How to make tip kicks straight and bring a heel of the ground toward his glutinha. 5) Finish the burpee emerging vertically in a jump, ending in a standing position while facing forward. 12th week: eight sets of a 90 second sprint followed by a 55 second race. What items are junk food food is commonly considered junk foods include fried fast food, gum, sweets, salty snacks, sweet desserts and drinks Acoatadas. If necessary, you can support your neck with a hand on the back of your head. How to do Jumping Jacks 1) Stay and stretch the muscles of your legs and arms. How to do squats squats See the video instructions on how to do a squat correctly. Side Lunges Video Demonstration See how to make a throttle video. 5) Scroll back to the initial position. Therefore, use our extensive clean feed for beginning resources. In the next 7 days, you enjoy whole food while you turn your Junk Food diet into a healthy. 4) Tighten your abdominals and glories, keeping your body straight. See the video instructions on how to do a squat correctly. 2) Keep your legs directly or place your knees on the rug. How to make planks 1) Begin by entering a position of flexing on a mat of exercises, supporting its weight on your hands and fingers, with the arms just a little more width than the width of the shoulders. 1st Week: Make 5 sets of a 30 second sprint followed by a 30 second race. 1) Enter in position as if you were about to push with the forearm on the ground. 4) Finish the representative, tighten the glory and push the right, digging the heel against the floor to get back to the initial position of the center. Monday 20 Squats 15 Second Planks 25 Crunches 35 Jumping Jacks 15 Lunges 15 Second Wall Sit 10 Sit Ups 10 Butt Whites 5 Push Ups Tuesday 10 Squats 30 Plank 25 Crunches 10 Jumping Jacks 25 Lunges 45 Second Wall Sit 35 Sit 35 Push Ups Wednesday 15 Squats 40 Second Plank 30 Jumping Jumping 25 Lunges 35 Second Wall Sit 30 Sit UPS 25 Butt Whites 10 Push Ups Thursday 35 Squats 30 Plank 20 Jumping Jumping 15 Lunges 60 Second Wall Sit 55 Chutes 20 Push Ups Friday 25 Squats 60 Background 30 Crunches 55 Jumping Jacks 60 Lunges 45 Second Wall Feels 40 Sit UPS 50 Butt Whites 30 Push Ups Sabbath Day. Do not pull your head up or lock your fingers. 5) Repeat the exercise. 4) Tighten your nestle and neuco and keep your neutral at all times. 3) Fold your elbows with your forearms placed on the rug. 2) quickly raise your your Note to the trunk, then immediately change the sides and lift the left leg, going and returning to create a jump movement while you run in place. 3) When crossing a leg behind the other, bring a arm in front of you and sweep the other behind you, letting your arms imitate the motion of the legs while they help in balance. 3) When you get to the bottom of the squat, go up in the air, toward the left while in the middle of the jump. 4) After reaching the fingers of the feet, return to the initial position and repeat the movement by the desired number of repetitions in small contained pulses. 4) After touching the finger of the pale, exit with the left leg, transferring the weight to the left while it touches the floor and then crosses the right leg to touch the finger of the pale. Be sure to avoid catching your elbows while it takes your weight. Be sure to breathe while running the movement, inhaling while pressing Abdam and exudes while looking. After completing the desired range, make a break for a range and continue to repeat and rest by as many intervals as desired. 3) After touching the elbow on the opposite knee, change the sides and repeat the movement. Keep your arms on the floor on both sides of your body. 5) Repeat the movement from side to side to the greatest number of repetitions they wish, keeping the pace more fast for about half minute. How to do situs see the video instructions on how to make the abdominals correctly. 3) When ready, bend your elbows, lowering the body down in a movement controlled with firm hips and engaged neat. If something is on the forbidden list, no coma. How to make flexes, see the video instructions on how to make a truncheon properly. 3) Moving forward and back the fastest Keeping the noishe core tight while driving the knees towards the chest. 3) Put the elbows to the side and push your back to the châ É o To pull pulling Its Normal. 1) Place the flat hands on a mat with straight arms, tight core, holding your body in a plank position. How to make burpees 1) to be facing forward and lowering your body into a low squat. How to do Jumping Jacks 1) Begin in the initial position, from Pania with the feet together and your arms resting by your side. Cardio Here is a breakdown of your cardio training week per week. 5) Repeat. 4) Push your torso back until the closing of the arms. How to do Jumping Jacks 1) Stay and stretch your legs and arms. 1) Lie on your back with your knees bent and your bread on the ground. 4) Change to the right leg and repeat the thrust of the thrusts and then switch between the legs to how many desired repetitions. The opposite hand should emerge on your shoulder as arms running, then changes to the other side. 4) After holding the bridge in place for the desired time, slowly reverses the movement to lower it back to the initial position and repeat. 2) Place the tips of your fingers behind your ears. Once you have completed another interval, rest and then start again, alternating the direction at a time. How to make mountain climbers 1) Put your hands on a yoga mat and enter a plank position, keeping your arms straight down the shoulders, and your legs extended behind You. 1) Lie down on a treadmill on the backs with your knees bent and places on the ground. How to make the knees highs 1) face the feet below your hips and a slight curve for your knees. Perform another squat jump, swapping and returning to the right. How to Make Swimmers Exercise 1) Lay your stomach on a carpet of exercises, keep your legs stretched behind you and reach your arms out in front of you. 2) Put your hands at your side and get a bitch. 5) Straighten your legs slowly and go back to a standing position. How Push Ups 1) Align your foot on a raised surfboard with the arms just below you, and your hands flat on the ground. 3) Lower your body to the ground with the chest a few centimeters of the ground. How to make lunges lunges 1) Begin facing forward, with your feet together and your hands next to the side. 3) Lift your head and torso in part, reaching with the arms toward your feet and raising your hips slightly off the ground. 3) Now slowly slide the back down on the wall until your hips and knees curve at a 90 degree angle. 3) Hold the stable superman position to about 2-5 counts, then return to its initial position on the carpet to complete the representative. 3) Neutralize the neck and the spine, looking at a place on the floor a feet of your hands, with the head in the queue with the back. Surfboard VIDEO Demonstration See how to make a plank correctly Veho. 4) Invert the motion jumping back to the initial position. 5) Roll your shoulders from the ground and pull your neat. 4) Wrap your muscles while reversing the movement, straightening the arms until your body is lifted back to the initial position. 3) As your right touches the ground, slide your weight for it, bending the right knee to lower your body into a launch. 2) Lift your arms out by your side, forming a form of Å à É ø The with your body and hold the brakes steadily in place. A healthy weight loss rate is 1 to 2 pounds in the week. 3) Push back to the initial position. Make the training in the privacy of your home whenever you want! Roll below to see tips, complete instructions along with our PDF printable for the 12 week training plan How much can I lose in 12 weeks? How to make the braking circles 1) Infrolio, in pity and high with your chest raised and shoulders back. 6th Week: Six sets of a 60 second sprint followed by a race of 45 seconds. Push the demonstration of Here's how to make push ups correctly. 4) Once your arms formed a 90 degree angle, right your your Retro, pushing against the bench to raise your body back to the initial position. 4) After a range of 30 seconds, keep the arms in place and rotate them back, performing the same movement in the opposite direction. 3) When jumping, stretch the arms out and up and up on the head, allowing your hands in the middle. 2) Twist to the right and run a squat, carrying with your hips and keeping your knees above your feet. 4) Earth softly on your feet, now facing the left. Print infographics and review various applicable. How to make a lunge see the video instructions on how to make an awakening correctly. 4th Week: Eight sets of a 50 second sprint followed by a race of 45 seconds. 1) Load your back, shoulders, back and head against a wall. How to make bridges 1) lie on a mat of exercises, with

your knees folded so your feet can rest on the ground. Try an attempt. It can be difficult at the beginning, but you'll be surprised at how good you will feel later! Want to try another challenge? Look for easy eating cooking recipes that include healthy ingredients such as lean meats, vegetables, fruits, vegetables and integral grains. 2) Twist your torso and bring your left knee so he can touch the right elbow. Keep your left knee aligned with the power and allow both legs to form a straight angle without your knee touching the ground. 5) Straighten your legs slowly as you return to a postage of the wall. 4) Hold the required amount of time indicated for training. Eating healthy is forming what can lead to long-term results. 2) To start the movement, wrap your muscles and push your hips up toward the ceiling, continuing the elevator until your lower back and the moods are no longer hardening. Print PDF below for the at home! See infographics below page 2 Have fun with the 25-minute workout at home. Green Juice Greek Yogurt Smoothies Green Café Morning Morning Vegetarian macarrão macarrão celery with peanut butter and raisins hollow trails mix pears with ricotta Smoothie cheese boiled eggs with infused fruit with cauliflower pure pure -floor and organic peanut butter frozen fruit sauce and vegetables infused fruits with chickpeas baked beak with roast beak olives Turkey and avocado rolam pickles Carrot and hummus bell pepper and guacamole homemade guacamole without grains whole biscuits and walnut butter peanut butter and banais Final article, go to any of the following healthless recipes à € à €

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